BA in Recreation
Major Requirements Worksheet
2026-2027 Catalog

Name: _____ Student ID: _____

Grade	Course Number & Title (units)	Prerequisites†
Complete ALL of the following core courses:		**21-27 Units**
	REC 141: Introduction to Leisure Services (3) **GE Area: 4C**	*one GE foundation course (corequisite)*
	REC 225: Programming Recreation Activities (3)	*open to pre-REC majors;* ***Fall Only***
	REC 341: Evaluation & Research in Leisure Services (3)	*a 'C' or better in REC 141 or 225; not open to Pre-REC majors*
	REC 351: Foundations of Inclusive Recreation & Recreation Therapy (3)	*a 'C' or better in REC 141 or 225; not open to Pre-REC majors*
	REC 480: Philosophy of Recreation & Leisure (3)	*a 'C' or better in REC 341, 351, and in three 300/400-level REC courses; department consent; grad check from CHHS Advising required;* ***must be taken the semester prior to REC 498***
	REC 498: Internship in Leisure Services (6-12)	***completion of all major requirements;*** *REC 485 or 1000 hours of verified paid or volunteer leadership experience approved by faculty advisor; consent of internship coordinator*
Complete ALL of the following upper division courses:		**18 Units**
	REC 201: Teamwork & Group Dynamics (3)	*one GE foundation course (corequisite)*
	REC 210: Health & Wellness in Park, Recreation, & Tourism (3)	*1st and 2nd year students or REC Majors;* ***Fall Only***
	REC 321: Leadership in Recreation & Leisure Studies (3)	*none;* ***Spring Only***
	REC 326: Fundamentals of Digital & Online Media Strategies in Parks, Rec & Tourism (3)	*none;* ***Spring Only***
	REC 421: Supervisory & Administrative Practices (3)	*a 'C' or better in REC 141 or 225;* ***Spring Only***
	REC 437: Equity & Access of Recreation & Leisure (3)	*none;* ***Fall Only***
Complete ONE of the following support courses:		**3 Units**
	ONE (1) of the following: □ ANTH 120: Introduction to Cultural Anthropology (3) **GE Area: 4C** □ CDFS 211: Principles & Practices of Teaching Young Children (3) □ HDEV 180: Lifespan Human Development (3) **GE Area: 4C** □ PSY 100: General Psychology (3) **GE Area: 4C** □ SOC 100: Principles of Sociology (3) **GE Area: 4C**	***ANTH 120:*** *none* ***CDFS 211:*** *a 'C' or better in CDFS 111 or PSY 100 or SOC 100; CDFS & FLE majors and pre-majors only* ***HDEV 180:*** *none* ***PSY 100:*** *GE composition ready or a 'C' or better in one of the following AFRS 100A, ASAM 100A, CHLS 104A, ENGL 100A, or ALI 150 or equivalent* ***SOC 100:*** *one GE foundation course (corequisite)*

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Complete all requirements in ONE of the following concentrations:

□ **Parks & Recreation Management**		**15 Units**
	REC 323: Park & Recreation Facility Operations (3)	*declared majors only; a "C" or better in REC 141 or REC 225;* ***Fall Only***
	REC 325: Advanced Program & Event Management (3)	*a "C" or better in REC 141 or REC 225;* ***Spring Only***
	REC 425: Financing Leisure Studies (3)	*none;* ***Fall Only***
_____ _____	**TWO (2)** of the following: □ REC 322: Recreational Sports Supervision (3) □ REC 416: Aquatic Facility Management (3) □ REC 428: Principles of Nonprofit/Volunteer Management (3) □ REC 433: Management of Organized Camps (3) □ REC 473: Aging & Leisure (3)	***REC 322:*** *none;* ***Periodically Offered*** ***REC 416:*** *none;* ***Spring Only*** ***REC 428:*** *none;* ***Fall Only*** ***REC 433:*** *none;* ***Periodically Offered*** ***REC 473:*** *none;* ***Summer/Fall Only***

□ **Outdoor Recreation and Tourism**		**15 Units**
	REC 168: Introduction to Travel & Tourism (3) **GE Area: 4C**	*one GE foundation course (corequisite);* ***Fall Only***
	REC 331: Dynamics of Outdoor Recreation (3)	*none;* ***Spring Only***
	REC 431: Recreation Resource Mangement (3)	*a "C" or better in REC 141 or 225;* ***Fall Only***
	REC 468: Sustainable Tourism Planning & Development (3)	*a "C" or better in REC 168;* ***Spring Only***
	ONE (1) of the following: □ REC 245: Wilderness Water Expedition (3) □ REC 337: Outdoor Education and Interpretation (3) □ REC 430: Recreation in the Ocean Environment (3) □ REC 462: Travel, Tourism, and Resort Recreation Managment (3)	***REC 245:*** *none;* ***Spring Only*** ***REC 337:*** *none;* ***Fall Only*** ***REC 430:*** *instructor consent;* ***Summer Only*** ***REC 462:*** *a "C" or better in REC 168;* ***Spring Only***

†*Prerequisites are subject to change; consult the University Catalog (www.csulb.edu/catalog) for the most recent updates*

✓*A 'C' or better is required in all courses*

✓*GE credit is granted based on the term you take the course and is subject to change; see the current GE course list at https://www.csulb.edu/general-education-requirements*

✓***Total units required for REC major: 57-63***